

AEE Biennial Conference 2023

Listen, Learn, Transform

25-27 September 2023, University of Wollongong



Abstract Submission Form and Speaker Profile

Complete your details by typing in the **green** sections of the digital form below. If there are multiple presenters, please include their details where applicable (name, organisation, personal bio)

Save your completed form in PDF format and submit via the [submission form on the website](#).

Title	Dr.	First Name	Sarah	Family Name	Brikke
Position/Role	Director and Founder				
Organisation you will represent	Healing with Nature				
Personal Bio Max. 100 words	<p>Dr. Sarah Brikke (PHD) founded Healing with Nature in 2020. She is an Environmental Educator, a Park Ranger and a mother. She has over 15 years of experience in environmental education and sustainability globally. The goal of Healing with Nature is to facilitate nature-based therapy immersions and nature tours throughout Australia. The mission is to offer guided, immersive nature experiences to improve an individual's health and well-being.</p> <ul style="list-style-type: none">- PhD in Environmental Psychology- Certified Forest Therapy Guide (International Forest and Nature Therapy Alliance)- Eco Pass Commercial Operator (NSW National Parks and Wildlife Service)- First Aid Mental Health Aider (Mental Health Australia)- Business Supporter (Beyond Blue)- Certified EcoTourism Business (EcoTourism Australia)- NDIS Registered Provider (in the process)				
Title of Presentation	Forest Bathing session				
Format of Presentation (please select)	<input type="checkbox"/> Oral Presentation (20 minutes) <input type="checkbox"/> Workshop - 60 minutes (eg interactive indoor session) <input checked="" type="checkbox"/> Workshop - 120 minutes (eg outdoor activity) Indicate your preferred presentation types (you may select more than one) NB: We may not be able to offer your preferred option				
Which theme would you prefer to present under?	<input type="checkbox"/> Theme 1: Listen <input type="checkbox"/> Theme 2: Learn				

(please select)	<input checked="" type="checkbox"/> Theme 3: Transform
Introduction	<p>Forest Bathing, also known as Forest Therapy or Shinrin-yoku, is a Japanese practice of spending time in nature and immersing oneself in the natural surroundings. It involves a slow and mindful walk through a forest or any other natural environment while using all of your senses to engage with nature. The practice aims to promote mental and physical health by reducing stress, improving mood, and enhancing overall well-being.</p> <p>Research has shown that spending time in nature can have a range of positive effects on human health. Overall, Forest Bathing is a simple and effective way to improve mental and physical health by spending time in nature and connecting with the natural world. This internationally recognized experience is gaining acknowledgement globally as an efficient and cost-effective natural medicine.</p>
Presentation Abstract: max. 300 words	<p>Have you been feeling stressed, anxious and/or disconnected? Forest Bathing may be exactly what you need. You are invited by Dr. Sarah Brikké (PhD) - Founder and Creator of Healing with Nature - to participate in a Guided Forest Bathing Nature Walk.</p> <p>The market for this type of activity is blooming. Urban life is calling for more immersion in nature, as more and more people are suffering from Nature Deficit Disorder. Moreover, taking into account our current global situation, many people are feeling more disconnected, depressed and anxious. According to the Guardian, "One in five Australians report high levels of psychological distress. Young people, women and those living with a disability are the most affected by poor mental health."</p> <p>In Forest Bathing, the forest is the therapist and the medicine. The Forest Therapy Guide is simply there to guide people to (re) connect to themselves, to Nature and to their community. The mission of Healing with Nature is to increase people's mental, emotional, physical and spiritual health through immersion in nature.</p> <p>This guided experience invites participants to take time out of their busy lives so they can slow down and connect with the calming and health-giving benefits of nature. The Forest Therapy guide gently guides participants through a series of sensorial and creative experiences, guided mindfulness, movements, quiet aware walking, meeting a tree, relaxing in a sit spot, and nature appreciation to help promote slowing down, nature connection and relaxation.</p> <p>Everyone is welcome to join. Due to its gentle approach, Forest Bathing is suitable for members of the public of all ages and with all different kinds of mobility. This event will leave you connected, re-energized, calm and positive.</p>

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<p>Key Message: A short summary of presentation</p>	<p>After having learnt about what Forest Bathing is and what are the benefits, participants will be invited to join a Forest Bathing session in an outdoor setting. The key message after having participated in a Forest Bathing session is to recognize the importance of spending time in nature and taking a break from the busy and often stressful pace of modern life. Forest Bathing provides an opportunity to slow down, connect with the natural world, and experience the healing and rejuvenating power of nature. It can help to reduce stress, boost mood and creativity, and improve overall well-being. The message is to prioritize spending time in nature and make it a regular part of your self-care routine.</p>
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All abstracts must be received by 5pm **Friday** 28 April 2023 (AEST).

We expect to notify speakers by mid June

Note: confirmed presenters will be required to register for the conference and pay the relevant registration fees.